

JSC concentrates on Safety and Total Health for a day

Supplemental seminars provide expert presentations on issues of interest

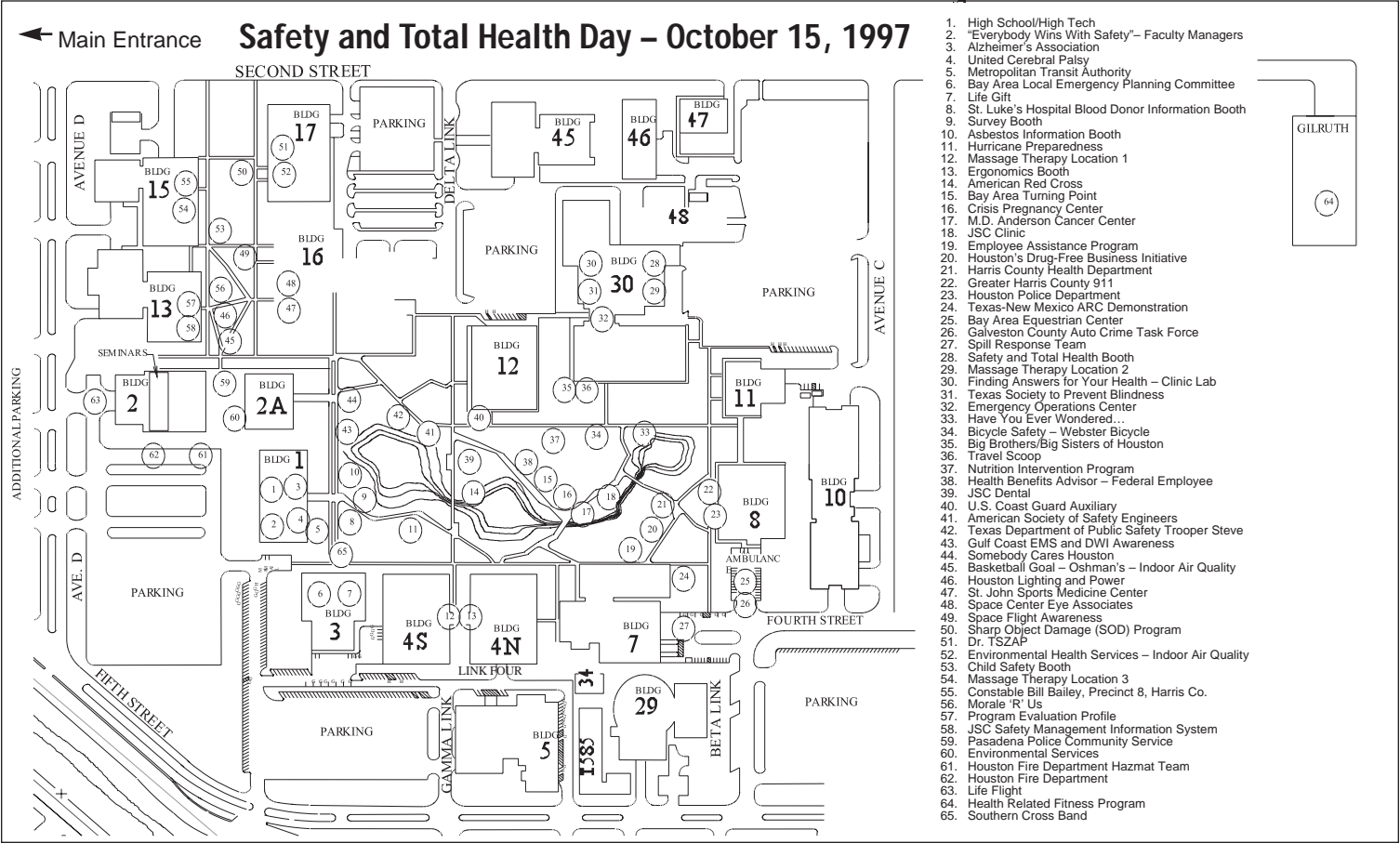
By Rindy Carmichael
A variety of Safety and Total Health Day seminars will be presented by experts in their fields and may be used to supplement the day.
Most of the seminars will be presented in the Teague Auditorium, which will allow for large audience participation. All seminars are open seating, first-come, first served. A sign language interpreter will be present for the seminars in the Teague Auditorium.
Women's Self Defense, 9:30-10:30 a.m. and 2:30-3:30 p.m.,

Teague Auditorium—This one-hour seminar will help to identify threats to personal security and offer strategies to physically and mentally protecting against attack. The seminar is structured toward women, but men are welcome.
Crisis at Home: Gang Intervention, 11 a.m.-noon, Teague Auditorium—There have been a few problems, but not a gang... Does this sound familiar; should it? Come and hear the experts on recognizing gang activity and what can be done to bring a child to a turning point.

Managing Workplace Pressure, 9-10:30 a.m., Bldg. 1, Rm. 966; 12:30-2 p.m., Teague Auditorium—Ever changing demands, constricting work spaces, shifting work assignments and demanding performance requirements have made people feel a need to deal with and manage stress. This short seminar by Dave Schmidt from Management Development Associates will offer information and suggestions enabling employees to deal more successfully with workplace pressures.
CPR Training, 8-11 a.m., 12:30-

3:30 p.m., Gilruth Center—Employees must be at the Gilruth and signed in before the appointed time. There is no pre-registration for this class. Adult CPR will be taught by certified instructors.
Puppet Show, 10 a.m., JSC Child Care Center—Presented by the Houston Fire Department for the littlest people on site.
Crime Prevention, 10 a.m.-2 p.m., Bldg. 8, Rm. 248—The Houston Police Department will discuss personal safety, home security, auto theft/car jacking, and burglary pre-

vention on the hour. Each session will be 30 minutes long with a question and answer session following.
Drinking, Driving, and the Consequences, 11:30 a.m.-noon, Bldg. 30 Auditorium—Not convinced about the effects of alcohol and driving? Want to know more in order to warn family and friends? Come and learn about the reality of drinking and driving.
Violence in the Workplace, 1-2:30 p.m., Bldg. 30 Auditorium—Anger: How can violence be defused in the workplace?



Registration still open

Run, walk allow fun, aid fitness

By Mary Peterson
It's a beautiful time of the year in Houston to join fellow employees in a fun run or fun walk beginning at 3:30 p.m. Wednesday, Oct. 15, at the Gilruth Center.
"Of all the options available for better health and longer life, the greatest impact is achieved by improving physical fitness," said Larry Wier, JSC director of Health-Related Fitness. "Physical exercise, such as walking and jogging, produces so many health benefits (mental and physical) that there isn't enough space to list them all. Besides being good for one's health, another benefit of regular exercise is that it just plain makes you feel good."

JSC Deputy Director Brian Duffy is expected to participate in the fun run, which will give employees an opportunity to see the new jogging track that traverses through the trees. Plenty of fresh fruit, bagels, energy bars, and cold drinks will be available.
"The walk or run completed on this day might be the start of a daily exercise program which will be a lasting benefit for the health and well-being for the rest of an employee's life," Wier said. "Everyone is a winner who participates."
Two routes have been mapped, a two-mile course for walkers and a 3.1-mile course for runners. Employees who have not already registered for the event may do so from 8 a.m.-2 p.m. the day of the run and receive a commemorative T-shirt in about two weeks, available to all participants who register and pay their \$6 entry fee.
Participation in the fun run/walk must be considered an after-work activity. Supervisors have been advised to be liberal with allowing leave to employees who want to participate in the fun run/walk. Race day registration will be at the Gilruth Center

Blood drive gives employees chance to help others

Blood donations will be accepted on both Oct. 15 and 16 in the Teague Auditorium lobby. Those who participate in the Fun Run on Oct. 15 and aren't allowed to give blood that day should give blood the next day.
Once again, T-shirts—this time with a new design and space theme—will be given to all blood donors.
The donation process starts with a nurse taking a blood sample using a single prick to a finger. Afterward, one pint of blood is drawn. The actual collection of blood takes seven to 10 minutes, with the whole process taking about 30 minutes.
After the blood is drawn, it undergoes several tests, including the tests for hepatitis and HIV. If there are reactive test results, donors are notified by mail. All results are kept confidential. Donors are encouraged to eat a low-fat meal before giving blood and to drink plen-

ty of fluids after giving blood. Usually there are no negative reactions to giving blood, but trained personnel are available in case a donor becomes light-headed. It is recommended that donors curtail heavy exercise for 24 hours after donating.
Donors may give blood every eight weeks. In some cases, a donor may be deferred if, for example, their blood is low in iron or they've been on certain medications. However, taking blood pressure medicine will not disqualify a donor. If donors have any questions about how a medical condition may affect their ability to give blood, call St. Luke's Blood Donor Center at 713-791-4483.
Besides the great feeling of helping others, donating blood offers additional benefits. Under the St. Luke's agreement with NASA and NASA contractors, the hospital provides blood assurance coverage for all

JSC personnel and their immediate families. Many examples exist where JSC employees have benefited directly from this program. Coverage includes all fees associated with blood products for blood transfused in any Houston area hospital. An immediate family is considered the spouse of an employee, any dependent children, and the parents of the employee and spouse. An employee who is a single parent receives coverage for all tax dependent children and the employee's parents. Single employees who are unmarried and without children receive coverage for themselves, their parents, and any tax-dependent siblings of their parents.
As an additional benefit to donors, approximately three to four weeks after each donation, St. Luke's will send a card with information about their blood group and type, and cholesterol level.

Southern Cross Band performs during lunch

After a busy morning of listening to briefings from line managers, visiting booths and completing safety and health checklists, JSC workers will be able to enjoy live music during their Total Health and Safety Day lunch break.
The Southern Cross Band, which plays a variety of music from the classic hits of the '60s and '70s to country and Top 40, will perform outside the Bldg. 3 cafeteria from 11 a.m.-1:30 p.m. There may even be a few people dancing, a good form of exercise.
Employees are invited to stop by the Bldg. 3 cafeteria, buy a carry-out lunch and enjoy a mealtime serenade on the lawn or visit the booths and displays close by while listening to the band.
Trash bins will be scattered throughout the area so that trash and food wrappers may be disposed of properly.

JSC Safety Alert

Blood and Emergencies in the Workplace

What Happened

A worker inspecting a fire extinguisher accidentally drops it on a toe. Blood is spilled on the floor from the injury. A worker on blood thinner sneezes, breaking a blood vessel in the nose, the result is blood on the desk, the telephone and the floor.

Outcome of the Investigation

With the heightened awareness about blood-borne diseases such as AIDS and hepatitis B, the Occupational Safety and Health Administration developed the blood-borne Pathogen Standard (29 CFR 1910.1030) that requires employers to address scenario's in which blood may be spilled in your work area. Although these situations may occur only once or twice in a working lifetime, here's what you need to know and do to protect yourself and your coworkers: For any emergency situation, JSC is supported by the Houston Fire Department and the JSC Clinic ambulance. They are the official emergency response team for medical emergencies.

What you can do

If you observe an accident or injury which involves bleeding, first call emergency response at x33333. If the person is conscious, and needs assistance, you may provide them something to stop the bleeding. However, any rendering of first aid or CPR on your part is done strictly on a voluntary basis. Do not expose yourself to the injured person's blood or body fluids. Wait for the emergency personnel to arrive. Ensure that someone stands by to secure the area to keep unsuspecting personnel from coming into contact with or slipping on any spilled blood that may be present. Do not attempt to clean up any blood or body fluids. Cleanup of the blood will be conducted by the emergency response personnel. When security or fire protection personnel arrive they will take over the security function. If you have any further questions, call the occupational Health Office at x37896 or the JSC Clinic at x34111.



total health

For more information:

Safety
Larry Neu x32865

Total Health
Lynn Hogan . . . x37790

Blood Drives
Marty Demaret . x36007
Dan Mangieri . . x33003

Fun Run/Walk
Larry Wier . . . x30301
Greta Ayers . . . x30302
Lesa Lester . . 244-1628